

# AgeOptions

## Chronic Disease Self-Management Education Program Grantee



### Goals, Strategies, and Activities

The purposes of this three-year grant are to:

- Significantly increase the number of participants in evidence-based self-management education and support programs; and
- Implement innovative funding arrangements to support the proposed programs, while embedding the programs into an integrated, sustainable program network.

AgeOptions and its partners will:

- Increase capacity to reach underserved communities with evidence-based programs; and
- Evaluate efforts to ensure maximum impact on both the participant and systems levels.

### Proposed Interventions

- Chronic Disease Self-Management Program
- Diabetes Self-Management Program
- Better Choices, Better Health®
- Better Choices, Better Health®- Diabetes
- Tomando Control de su Salud
- Programa de Manejo Personal de la Diabetes

### Partnerships

To achieve the goals of the grant, AgeOptions will collaborate with the following key partners:

- Cook County Health and Hospital System
- Illinois Community Health and Aging Collaborative
- Illinois Department of Corrections
- Illinois Department of Public Health
- Illinois Health and Hospital Association
- Jencare
- Northwestern Illinois Area Agency on Aging
- Rush University Medical Center

### Anticipated Results

AgeOptions and its partners propose to achieve the following results:

- Reach 4,921 participants with evidence-based programs;
- Achieve a 76% retention rate, for a total of 2,133 participants that complete at least 4 out of 6 workshop sessions;
- Increase participants' self-reported health confidence and self-efficacy when communicating with health care providers;

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- Engage participants in at least one new healthy behavior;
- Develop a referral system with 90% of delivery and referral partners reporting satisfaction in using it; and
- Establish 8 fee-for-service contracts to achieve long-term financial sustainability.

**Contact:**

Maria Oquendo-Scharneck

AgeOptions

[maria.oquendo-scharneck@ageoptions.org](mailto:maria.oquendo-scharneck@ageoptions.org)

**For more information:**

Administration for Community Living

U.S. Department of Health and Human Services

Washington, DC 20201

[Administration for Community Living website](#)

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